

# Holding Me Up

**COPPER** **NOB**  
BY STEPHEN

**Count:** 32

**Wall:** 4

**Level:** High Improver

**Choreographer:** Sharon Knapik (USA) & Maria Manse (SWE) - January 2025

**Music:** Holding Me Up (Parachute) - PARADISE LTD, Wild Culture & Tomi Saario



**Start dance 8 counts in**

**No tags or restarts**

**(1-8) Point R fwd, point R side, sailor 1/4, point L fwd, point L side, sailor 1/2**

1,2 Point right foot forward, point right foot to right side

3&4 Sailor a 1/4 (facing 3:00)

5,6, Point left foot forward, point left foot to left side

7&8 Sailor a 1/2 (facing 9:00)

**(9-16) Side together right, shuffle back, 1/2 turn L, 1/2 turn L, shuffle 1/4 L**

1,2 Step right foot to right side and step left foot together next to right foot (facing 9:00)

3&4 Shuffle back on right foot

5,6 1/2 turn over left shoulder x 2

7&8 1/4 turn over left shoulder shuffle to the left (facing 6:00)

**(17-24) Rock back R, hitch R point R, 1/4 turn point L, L cross shuffle**

1,2 Rock back recover

3,4 Hitch right knee and point foot to the right (Facing 6:00)

5,6 Bring right foot in and turn 1/4 right, point left foot to the left (Facing 9:00)

7&8 Cross left over right and shuffle to the right (Facing 9:00)

**(25-32) Hip roll L, hip roll R, 1/4 turn L drag L, step back on L, 1/4, 1/2 turns R**

1,2 Step right foot to right and roll hip and touch left toe

3,4 Put left foot down and roll hip and touch right toe

5,6 Turn 1/4 back to the left and drag left foot back (Facing 6:00)

7&8 Step back on left and turn 1/4 and a 1/2 to the right (Facing 3:00)